

**ADDICTION TO COMPUTER GAMES IN ADOLESCENTS, ITS
PSYCHODIAGNOSTICS AND PSYCHOCORRECTION****Haydaraliyeva Khushnoza Tursunboy kizi ¹**¹ *Educational and psychological provision of service activities
field of activity cadet***ARTICLE INFO****ABSTRACT:****ARTICLE HISTORY:***Received: 31.10.2024**Revised: 01.11.2024**Accepted: 02.11.2024***KALIT SO‘ZLAR:***Raqamli o'yinga
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Addiction to computer games has become a growing concern among teenagers worldwide. As digital technology advances and access to games becomes more ubiquitous, teenagers are increasingly prone to problem gaming behaviors. This article examines the nature of computer game addiction in adolescents, examines available psychodiagnostic tools, and discusses psychocorrection strategies. Through a recent literature review, we provide information on key psychological factors, effective diagnostic methods, and interventions aimed at mitigating addictive behaviors.

INTRODUCTION. Today, the scope of intense information penetration and the daily development of communication spaces create favorable opportunities for human life, that is, we are directly aware of the changes and news happening all over the world. At the same time, we are in sync with the times, and we manage the technical means with ease. Our ability to quickly adapt to and use these processes is our achievement. But in today's globalization process, the speed of information exchange, the rapid creation of new types of technical means, or the lack of boundaries in the moral standards of the virtual space, freedom of speech has its effect on the human spirit. Positive or negative adaptation to the influence depends on the will of each individual. We receive information and many news through Internet networks, TV shows, and articles of various genres.

In the era of advanced information technologies, it cannot fail to attract all layers of society, including students in adolescence. Through television, phone, Internet, social networks, people of all ages, and of course students, are receiving necessary, unnecessary,

harmful videos, characters with a negative image in movies. This information is related to the person's age analyzes. Through the Internet, children are getting acquainted with information that does not correspond to their age and psychological characteristics, and by playing various games promoting militancy and aggression, they are causing the formation of aggressive behavior in their subconscious.

The rapid spread of computer games has led to a significant increase in screen time among teenagers. For some, it has become an addiction with negative psychological, social and academic consequences. Defined by the World Health Organization (WHO) as a gaming disorder in the International Classification of Diseases (ICD-11), computer game addiction is a disorder of control, prioritization of gaming over other activities, and gaming despite negative consequences. includes symptoms such as continuing yin. Adolescents are particularly vulnerable due to ongoing cognitive and social development, making early intervention critical.

Recent studies show that the prevalence of computer game addiction among adolescents is 2-10%, with a higher susceptibility in males. Research highlights a number of factors including social isolation, avoidance, reward sensitivity, and psychological vulnerabilities (eg, depression, anxiety). Neurobiological studies show that gaming addiction, similar to drug addiction, activates reward pathways associated with the release of dopamine.

Difficulties in psychodiagnosis: Adolescents may not be self-aware or unwilling to disclose their gaming habits. Therefore, parental participation and objective monitoring are important in the development of an accurate diagnostic profile.

Excessive gaming among teenagers has several negative consequences, including:

- Cognitive effects: Decreased attention, impaired executive function, and reduced academic performance.
- Emotional effects: increased levels of anxiety, depression and irritability.
- Social effects: withdrawal from family and friends, leading to social isolation.
- Physical Health: Health risks such as disturbed sleep patterns, sedentary lifestyle and obesity.

The existence of addiction to computer games, especially among teenagers, and the social importance of its research are incomparable. Scientific studies that prove the existence of addiction to computer games and that it is really dangerous are increasing day by day worldwide, because teenagers who are addicted to computer games face a number of

difficulties in the family, in interpersonal relationships, in adapting to the social environment, and at school.

For the same reason, it is advisable to detect addiction in time, correct it, and prevent the development of addictive behavior and negative consequences. Scientific research on the psychological characteristics of addiction to computer games is carried out by the world's leading scientific centers and higher education institutions, including Peking University (China), Oxford (UK), Cambridge University (England), Hong Kong University (Hong Kong), University of New York. Jersey (AKD1), University of Nebraska (ASCH'11), Murdoch University (Australia), Moscow State University (Russia). In the few researches conducted by Uzbek psychologists in this field, scientific investigations were conducted mainly on the problem of the negative impact of addiction to computer games on children's mental development [1].

There is an increasing number of studies devoted to the problem of computer game addiction, but only some of them have programs for the correction and treatment of this condition. American psychologist Kimberly Yang in her book "Lost on the Web" lists forms of self-help. These are cognitive-behavioral therapy, 12-step program, expressive art therapy. According to L. N. Yureva and T. Yu. Bolbot, addiction to the computer differs from addiction to smoking, alcoholism, drug addiction, and addictive games in that, in addiction to computer games, at a certain time, "getting fed up" with the computer » situation occurs.

Later, a person may use the computer professionally or the computer may lose its importance in his life. But the solution to this question is still open, because it is not known when the state of "satiation" occurs in a submissive teenager. By this time, the teenager will not be too late to study or to deliver what he "left behind", will he not lose his social status, will the teenage psyche not be damaged by this time - such questions is still open. For this reason, according to psychologists, it is absolutely impossible to explain to a teenager that playing on the computer is not a freedom, but a privilege, and to prohibit the use of the computer at once. If a teenager has a tendency to be addicted to computer games, he should not use the computer for more than 2 hours on weekdays and 3 hours on weekends. Of course, there must be rest periods in between. In addition, it is desirable for parents to pay special attention to the games played by the teenager, to have more intellectually developing and logical games among the games he plays. We would ask parents to pay more attention to what their children see on the phone or TV, social networks and computer games, and with whom they talk. Because we all know that the past cannot be turned back.

Conclusion

Adolescent computer game addiction is a complex problem that requires a multifaceted approach. Psychodiagnostic tools and psychocorrective methods should be adapted to the unique psychological profile of each individual, with strong family involvement to enhance behavioral change. Given the rapid growth of gaming, continued research is essential to improve diagnostic methods and develop innovative interventions to help adolescents develop a balanced relationship with technology.

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